

Opinion

Soul & Consciousness

Contzen Pereira^{*}

Abstract

It is my view that my soul is my consciousness and my consciousness is my soul. It appears that energy renders my consciousness to surge within me and my soul is a sphere of energy that encases me. Further, it appears that my soul dwell within me until my bodily death and my soul makes me conscious of my existence and all that exist around me. I feel my consciousness for it is my soul. Addressing the 'how' of my soul may someday be possible but knowing the 'why' of my soul may stay a mystery for it is as mystifying as the supernatural. We may be able to introduce a soul within non-living beings by evoking consciousness artificially, but I am rather sure that these beings may never experience the soul or consciousness that I experience. On bodily death, my soul shall depart as an end to my conscious cycle for somewhere someone shall reap the energy and devise its consciousness, thus, its soul.

Key Words: Soul, consciousness, vibrations.

1. Introduction

If soul is the spiritual form in my body, what determines my spirituality? Why should only spiritual perception recognize the soul as an inward being or experience it as consciousness? Can it be recognized as energy? Can the soul be defined within the laws of physics? If it can be, it will answer the "how" but the "why" will still remain unanswered. Some philosophers hypothesised that the soul is located in the pineal gland, while some considered it to be in the heart and most consider it to be seated in the brain. It is my view that my soul resides in every inch of my body and each of my cells with energy circulating within me as it does in the whole of the cosmos. It seems to me that my soul has organized matter which allows my soul to demonstrate its free will, and, in the absence of the body, it seems to be just energy. Further, consciousness is the same energy circulating within me and makes me conscious until I die.

Thus, It is the author's view that the soul is consciousness and the original form of our self. Soul has found itself when it finds a body; its formation blends with the formation of matter in its smallest form. Consciousness is transcendent; a feeling of possibilities, intuition, insight, creativity, choice; everything that cannot be predictable. Just like I cannot experience consciousness, I cannot experience my soul. My soul resides in me; flows through me with the purpose of its existence being unexplainable. My soul is an orb of energy that surrounds me; my body. What is the purpose of the soul? Why should I acknowledge the existence of my soul? For without a soul, I would never understand the supernatural, see the things around me, and feel the wind in my face, experience the blueness of the sky; express and emote. For this is

^{*} Correspondence: Contzen Pereira, Independent Researcher, India. E-mail: contzen@rediffmail.com

consciousness; my soul is my consciousness or rather my consciousness is my soul; they are one and the same. For my consciousness or my soul moves within me; guides me and connects me to reality.

2. Experiences related to my soul and consciousness

I experience pain or joy when another feels it around me, is it something special that I possess? or is it a feeling that is possessed by all? Why do I feel terrible from within when someone else is in that situation or why do I feel like kicking a ball when I am watching a game? How does this feeling of another emerge within me? Recently, a close friend lost his one year old daughter; I felt terrible for him and consoled him throughout the course of me being with him; all the while I kept telling him to be strong but when he broke down, I felt a feeling that I cannot express. I felt a bond connecting me and him; a feeling so strong that it sunk my heart and I wept. I have been in many such situations but it never has made me feel so. My soul connected, but why should it connect in such a situation? My soul was thinking for itself, conscious of the situation it made me weak; I wept. Resonance is a phenomenon which creates waves of specific frequencies within a body, that traverse in space time to connect to bodies resonating at the same frequency; together they vibrate and consciousness or the soul connects; they oscillate e.g. frequencies of similar tuning forks.

As I wept I felt a pain; was it the same kind of pain that he felt? It's a difficult question to answer or a difficult feeling to measure. A "tuned system" consists of oscillators of identical resonant frequencies wherein if one oscillator starts emitting, the others get activated and because the coupling is ideal they will respond to the lowest signals and resonate. We resonated; our souls interrelated and consoled the other; but I had to cry, for it was the desire of my soul, leaving me no choice but to cry. This is the same that I felt when I was 8 years old, when my grandmother passed away. At that age, I was more attracted to the time I was getting to share with my cousin's, than my grandmother's death. In my ecstatic moment, I remember my dad approaching me; he was crying bitterly, we connected; it was the same feeling; two souls intermingling and I wept, unintentionally; not for my grandmother, but for my father; for his soul. Our souls connected, resonated; interacting energies that gave us the capacity to express; we wept.

These are unique situations, that I have never felt so; a feeling that I cannot express; was it my soul or was it my consciousness that directed me? United as I felt, I vibrated at the same frequency; for I know not that frequency and I will not comment on it; for we spoke, not in language but through our energies. Does this interaction happen all the time? As per my understanding it does not, for if it would be, then it would be not be a phenomenal experience, rather it would be a common experience; my self-consciousness. The experience is comparable to admiring the blue of the sky or the blue of the sea, the green of the forest and the black and yellow of the bee; the fragrance of mud during rain or the crawl of a snail, therefore is comparable to consciousness; why do we experience it is a phenomenon. Resonating energies moving through structured matter guides the experiences of my consciousness and my soul.

3. My soul, my consciousness

My soul emotes and so does my consciousness even though my mind thinks differently in situations when I should not feel the way I am feeling. Why should my mind and soul be disconnected? This dualism is based on a connection with the immediate, as we resonate at similar frequencies; two oscillators connected by their consciousness; the soul. My soul is my steering energy, my link to the mystical; my soul, my consciousness connects me to the other to express. Aren't feelings and emotions linked to the brain? Yes they are, they trigger the brain for we know how, but we don't know why. The brain is known to have specialize neurons that trigger an emotion what the other is feeling; they connect between two individuals; a process that is known and proven. These neurons may behave the same but ultimately the connection is consciousness that vibrates within them; my soul resides in these neurons; emits energy at frequencies and in search of the frequency of a similar oscillator. It is like a reflex action of my soul, one that keeps me spellbound.

My soul moves within me and makes me conscious. I feel the feeling of being there; the sounds and colours, I feel. Until death shall my soul stay; consciousness supports me through my existence. Rapid eye movement sleep or deep sleep is a state of unconsciousness; or when anesthetised, I am in a state of unconsciousness. What happens to my soul? Does it leave my body? If yes, then shouldn't I be dead? The soul stays and so does consciousness; the difference is a disconnection with the supernatural; for the body performs its actions through the primitive form of consciousness; a form different from higher consciousness; the sentient form in organisms; a part of my soul. Some part of the soul rests during this phase while the other provides energy to my body. Death is the only time the soul leaves the body and gets completely disconnected from organized matter. My death shall be, when my soul shall drop my body to the ground to rejoin the energy of the cosmos; where all consciousness or all forms of consciousness will be lost.

4. My consciousness and other beings

Consciousness is an inherent form in my body; it is my soul; my energy and my support; the soul and consciousness is the essence of my mind; it makes me aware of my being. Can my soul connect with souls other than humans? Can an animal feel my consciousness; the vibrations generated within my body; the frequency of my soul? Once a dog came up to me during a funeral and he stared at my face, jumped up, placed his paws on my lap, rested his head and made me pat him. The feeling was strange, as I was sitting with friends who have dog's as pets but I don't; but the dog chose me, why? All he needed was a pat on his head and he sat there watching me. Was his sentience interacting with my soul? Was his sentience resonating at frequency of my soul? A stray dog, which walks inside a church, could have interacted with any, then why did he choose me or my soul? There was something that my soul was revealing to him, my soul spoke to him; our vibrations oscillated and resonated. The only thing deficient between me and him was language, but was no barrier indeed.

I do not have a dog but most people who do, might have had such experiences, but I still don't have a dog and have never felt such a strange connection with an animal that I did not know.

What was the dog seeking in me? He felt my consciousness; he perceived it; he interacted with my consciousness; my soul. As per the Cartesian system of thinking, animals are unconscious automata, as they lack knowledge but this gesture was beyond the gift of language, it was the connection between two inner energies. Consciousness or the soul lies within and therefore we must look within; we need to feel these connections in order to feel our soul; we need to build these connections in order to perceive; connection comes with perfect toning. The dog looked into my soul and not into my eyes; for my eyes perceived him looking into me rather than my soul. He felt my soul to be sad; my energy reduced, he felt my soul needed to be diverted from all that was going on around me; he made a change in me; revived the energy of my soul.

5. Supernatural energy that guides my soul

My soul is my consciousness, and, although I cannot prove my consciousness, it resides in me. I can only validate the essence of my existence through the deepest internal experience within me. Such events make me feel I am conscious; makes me aware of my existence; makes me realize my connections to the world, for I still cannot prove it until I have the sensation of the supernatural. A day without my consciousness or my soul would make my body feel dethroned; betrayed, completely disconnected from the cosmos; loss of its experience. This may be the reason that when an individual experiences a near-death experience, the individual claims to see a flashback of some of the events in his life, these events are those when the individual actually experienced consciousness; an event fulfilling the experience of consciousness. The white light usually depicted in a near-death experience, maybe the soul in its true self; the soul that resides within, the surge of energy that makes the body feel and experience consciousness; makes one aware.

$E=mc^2$, why did Einstein strive to put up such an equation? Why was he so determined to prove its existence? For it is in every one of you and me to be inquisitive about our existence; I need to know who I am and from where have I come. This equation supports the existence of energy; and therefore is the equation for the soul; my soul. My soul resides in me; makes me conscious; the energy envelopes my body and smothers me; it is my strength and my shield. Energy transforms and is in a constant state of motion; my energy gets replaced when reduced, but the association between me and my energy is a mystery. I can conserve my energy; my soul; my consciousness; I can move my energy and guide it; control it in some cases, but I cannot destroy it. For on my death, my energy will be transformed; for it may help another to exist. The exercises of Tai-Chi are the best examples of understanding the control of the soul; filling the body with energy from the surrounding; nurturing of the soul; guiding consciousness through the entire body connecting the vibrations of the cosmos with my soul.

6. Conclusion

It is my view that my soul is my consciousness and my consciousness is my soul. It appears that energy renders my consciousness to surge within me and my soul is a sphere of energy that encases me. Further, it appears that my soul dwell within me until my bodily death and my soul makes me conscious of my existence and all that exist around me. I feel my consciousness for it

is my soul. Addressing the ‘how’ of my soul may someday be possible but knowing the ‘why’ of my soul may stay a mystery for it is as mystifying as the supernatural. We may be able to introduce a soul within non-living beings by evoking consciousness artificially, but I am rather sure that these beings may never experience the soul or consciousness that I experience. On bodily death, my soul shall depart as an end to my conscious cycle for somewhere someone shall reap the energy and devise its consciousness, thus, its soul.